


What is a health assessment?

*It's a health service especially for young people
looked after by Camden Social Services*



Ask yourself:

- Do I still have questions about sex, sexually transmitted diseases, HIV/AIDS or emergency contraception?
- Do I know how to put on a condom? 
- Have I any pains, such as headaches or tummy pains, that I'm worried about?

So listen. . . We're here for **you**.
You **can't** shock us 'cos we've **seen** and
heard it all before. Just think about it!

Hope this has given you ideas.
Take the chance to find out.
We're looking forward to seeing you!

If you want to find out more,
contact Tina Aderibigbe, nurse health adviser,
on

020 7530 3036

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Crowndale Health Centre
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What is a health assessment?

A health assessment is a chat every year about your health. This covers a whole range of things like an eye test, growth and blood pressure measurement, visit to the dentist, vaccination and sexual health. You can also get counselling if you need it.



Are you worried about your health at all?

We want to make sure that you are looking after your health. We also want to make sure you have enough information about health to help you decide about things like smoking, drugs, alcohol and sexual health.



Keeping it private

The nurse will respect your wishes on what information is passed to your social worker and what you want to keep private. Only in rare cases, if she is concerned that you are being harmed or your safety is at risk, would she have to share this with your social worker so that you get the support you need.

Do you want to give up smoking?
We can help with nicotine patches.



Are you having problems with spots?
If so, we can help sort this out.

Why is my health important?
Everybody's health is important. You've only got one body so you'd better look after it!

If you have had different placements or haven't been able to get to school, you may have missed out on health care information. We can tell you about a healthy lifestyle, contraception, puberty, drugs and healthy eating.

This is important to keep you fit and healthy so you can enjoy doing all the things you enjoy doing now – for as long as you want.

**You may choose to bring someone,
such as your carer, with you.**

